

Healthier Communities,  
Outstanding Care



Sherwood Forest Hospitals  
NHS Foundation Trust

# Tobacco dependency

Information for patients



**Is it time to make a change?**  
Let us help you to stay smoke free

# Smoking is not permitted on any of our hospital sites

In order to maintain a healthy environment for all of our staff, patients and visitors, all our hospital sites are smoke-free. The use of e-cigarettes is permitted away from main entrances of the hospital.

## How we can help

To help you during your stay with us we provide Nicotine Replacement Therapy (NRT) and you will receive an assessment from our tobacco dependency advisor. They will make sure you are comfortable and have everything you need to help you stay smoke-free. Nicotine is the addictive chemical in a cigarette, so we provide support and treatment to help reduce nicotine cravings.

We can also arrange for you to continue to receive NRT and support when you get home, free of charge for up to 12 weeks, from your local Stop Smoking service. Did you know that you are four times more likely to stop smoking successfully with support and treatment?

## Benefits of treatment

NRT can help you to feel more comfortable and prevent you from having nicotine withdrawal symptoms. The benefits of not smoking are almost immediate and include reduced blood pressure, easier breathing and better circulation. Stopping smoking reduces the risk of serious complications, improves the effectiveness of some medication and can improve healing time. Stopping smoking is the best thing you can do to improve your health.

## While you stay with us

Our staff are not permitted to take you off the ward to smoke. If you are seen smoking on site you are likely to be asked to extinguish your cigarette.

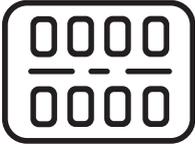
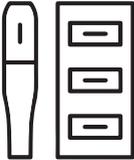
Smoking is not permitted but we are e-cigarette friendly. You can use an e-cigarette on our hospital grounds, away from entrances. You must not use an e-cigarette or recharge it inside the building.

# Important information for patients on oxygen therapy

Being a smoke free site is not only for patient, visitor and staff health, but also because like all hospitals, we work with a range of flammable and explosive materials and gases, including oxygen. Smoking is a major fire and explosion risk for our hospitals and puts all of us in danger, with vulnerable patients being most at risk. Please help to keep us and yourself safe by not smoking on our sites and by not bringing cigarettes and lighters with you.

## We provide treatment and support for all patients that smoke

### NRT options available

Product	Strength	Maximum dose per day
24-hour patch 	21mg or 14mg	1 nicotine patch every 24 hours. If you smoke more than 10 cigarettes a day it is recommended that you use the patch and a second product.
Gum 	2mg or 4mg	Maximum 14 pieces of gum per day.
Inhalator 	15mg	Nicotine inhalator. Maximum of 6 cartridges per day.

## Stop smoking support

We will support you during your stay and your local Stop Smoking service will provide free support and free NRT when you are discharged, they can also provide other forms of NRT such as Mouth Spray, Nasal Spray and Lozenges. Any Nicotine Replacement Therapy you wish to use will be sent in the post or collected from your local pharmacy. Appointments are available over the phone or face to face.

To find out more about the service, please call 01623 622515, extension 6066 to speak to a member of the Tobacco Dependency team.

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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